



Village of Croton on Hudson – Recreation Department
1 Van Wyck St, Croton-on-Hudson, NY 10520
914-271-3006

www.crotononhudson-ny.gov/recreation-parks
SPRING / SUMMER 2022 / ADULT PROGRAM 18+



RISE & SHINE YOGA – WEDNESDAYS

Rise & Shine, join instructor Alexa Wolkoff, RYT for a nurturing yoga class designed for students of all levels. Practice stretches, breath work and simple yoga poses.

Focus on the healing effects of breath, proper alignment and positive energy.

Release tension, build strength, reduce stress and restore balance – all while quieting the mind.

RISE & SHINE YOGA (Wed.) SPRING

Act# 2094 Sec. I

Dates: Wednesdays, beginning April 27
for **6 Sessions**

Time: 9:00 – 10:00 AM

Location: Recreation Conference Room

Fee: \$90.00 Village residents

\$105.00 School district/non-residents

Register by April 20

RISE & SHINE YOGA (Wed.) SUMMER

Act# 2194 Sec. I

Dates: Wednesdays, beginning June 15
for **6 sessions**

Time: 9:00 – 10:00 AM

Location: Recreation Conference Room

Fee: \$90.00 Village residents

\$105.00 School district/non-residents

Register by June 8



Spring / Summer 2022 * RISE & SHINE YOGA * WEDNESDAYS

Please **Circle** Class: **SPRING #2094-I** or **SUMMER #2194 Sec I** :

Checks Payable "Village of Croton"

Name: _____ Phone: _____

Address: _____

Email: _____

Emergency Name & Phone #: _____

I hereby recognize that there are inherent risks involved with participation in this program, and agrees to release and hold harmless the Village of Croton-on-Hudson, their employees and volunteers, of any liability whatsoever in connection with any damages and/or injuries that the above-named person may sustain as a result of participation. In the event of injury, I hereby give permission person, named above, to be transported to a hospital for treatment to include evaluation of the injury, x-rays, and needed medical care I agree to indemnify and hold harmless the Village of Croton on Hudson for any damages or injuries.

Signature: _____



Date: _____

Online Registration: www.crotononhudson-ny.gov/recreation-parks